

## CLASSES

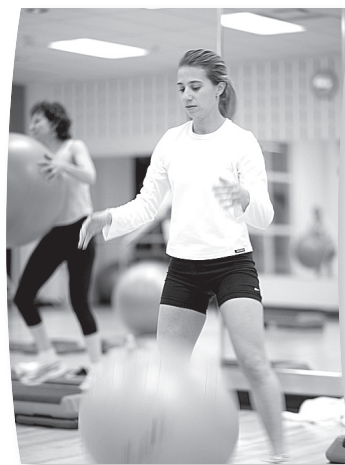
### Choose from over 70 fitness classes a week!

- **No Cost to Y Members**

All of the classes listed below are included in your membership.

- **Qualified Instructors**

Our instructors are leaders in the fitness industry and are nationally YMCA certified. Many instructors are also recognized through BCRPA and internationally through organizations such as the American Council on Exercise and the American College of Sports Medicine. All leaders are First Aid and CPR certified and receive ongoing training and development.



Get a current class schedule at [kamloopsy.org](http://kamloopsy.org) or at any Y location  
or call 250-372-7725 • 250-554-9622

## FITNESS CLASS DESCRIPTIONS

**Abs & Buns:** A variety of exercises designed to tone these areas.

**Basic Self Defense:** A super charged upper/lower body self defense class with martial art poses, punches and kicks. Workouts are great for all levels. (Circuit Room)

**Better Bones Chair Aerobics:** Wanting to begin an exercise program and do not know where to start? This program is for you. Join us for this fun, social interactive workout all based from a chair. This program is also designed for those who have osteoporosis and those at risk. Come and exercise in a safe environment.

**Boot Camp:** This class seeks to build confidence, strength and physical stamina. Participants are challenged to push the boundaries of their endurance in order to reach their fitness and health goals.

**BOSU Workout:** 'Both Sides Up' 1/2 physio ball, Vi core board, one can almost do anything with this piece of equipment. Challenge your balance, posture and strength through an array of stability, traditional and agility exercises.

**Breath and Wellness:** Breathing and wellness is a class to explore yourself through relaxation and self-meditation, developing breathing techniques, positive thinking and relaxation poses.

**Circuit Strength:** A great mix of full body strength challenges, some plyometrics and, of course, a portion of cardio to get your heart thumping. (Circuit Room)

**Core Conditioning:** Using the stability ball to strengthen, stretch and improve balance. Pre sign-up required.

**Cardio Core:** Take advantage of our NEW class time and come try out a great cardio workout. Combination of cardio and core. The class design will be different every time!

**Cardio Blast:** Interval training using a variety of equipment that hits every muscle.

**Cardio Core Blast:** Extreme interval training. Take your workout to the next level.

**Dancercise:** A fun way to stay in shape. Learn a variety of routines as well as exercises for toning.

**Express Circuit:** Specifically designed for the individual with a busy schedule who recognizes the importance of a fitness program that can maximize results in a minimum amount of time!

**Extreme Core Conditioning:** An intense 35-45 min. workout that uses a variety of equipment challenging the mind and body.

**Fitness Fusion:** A blend of yoga and pilates.

**Fitness In A Chair:** For those who have difficulty with balance. Class includes cardio, toning and stretching.

**Fifty-Fit:** For those over 50 who want to focus on strength conditioning, core & balance.

**Group Cycling:** Instructor leads riders through a warm-up, drills with hills, speed play and much more, ending with a cool down. Pre sign up required.

**Hi Low Impact:** Combines low & high impact moves. Class includes warm-up, long cardio section, muscle toning and stretching.

**K.A.E. BO:** Kick-Aerobic-Exercise and boxing drills are combined in this medium-high impact class. Great for cardiovascular fitness, strength, agility and coordination. (Circuit Room)

**Latin Aerobics:** Latin moves and Latin music makes this high energy aerobics class lots of fun.

**Line Dancing:** Challenge the mind and body and have fun. Variety of music. Beginners welcome.

**PBS:** Posture, Balance and Strength. Keep moving and discover your strength through core exercises. A great class for beginners, seniors and participants that may be doing rehabilitation. Class includes the use of dumbbells, tubing, and balls.

**PBS Circuit:** Posture, Balance and Strength hydraulic machine workouts. Keep moving and discover your strength through upper/lower body and core exercises. A great class for beginners, seniors and participants that may be doing rehabilitation. Class includes the use of dumbbells, tubing, and balls. (Circuit Room)

**Rep Reebok:** Full body strength conditioning using barbells and dumbbells. It will work every muscle in your body and you will have fun doing it to music.

**Step:** This class never goes out of style. Using a step platform you will get a great cardio workout and burn calories.

**High Energy Step:** For those who love high energy and challenging routines. Not recommended for beginners.

**Spin & Abs:** A workout with a combo of cardiovascular training segments and abdominal challenges that leave you feeling stronger.

**Spin & Core:** First 20 minutes of the class will be on the bike focusing on the lower body. The last part of the class will be focusing on core using the ball and free weights.

**Step N' Sculpt:** A great combination of step and toning.

**Stretched & Buffed:** Combine toning and stretching for a great workout.

**Stretch for Health:** Stretching is an important component of any program; it strengthens the joints and supporting connective tissues.

**Yoga Core Fusion:** Reduce stress, strengthen, and stretch with yoga. Postures and core moves. Suitable for all levels.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

[kamloopsy.org](http://kamloopsy.org)

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